

Sharpshooters match up in weekend shootouts

ROBIN COLLUM
Sports Editor

If they were any other team in any other league, Alberta's 9-2-1 start to the season would be regarded with praise and awe. But since they're the Pandas, a hockey team with six national titles in the past eight years and a history of undefeated seasons, the reaction to the team's three losses has instead been one of consternation and shock.

But that response, according to the head coach Howie Draper, is unfair. Despite another loss this weekend—in a shootout against the UBC Thunderbirds (3-8-1)—the Pandas are upbeat about the team's performance so far.

"I don't know if this is where I expected to be, and it doesn't surprise me that people would be surprised," Draper admitted. "However, the reality is that we are learning; we are coming together as a team, and it's not going to happen overnight.

After splitting two weekends in a row, Alberta went to shootouts against the UBC Thunderbirds both nights this weekend, losing 4-3 Friday evening, but coming back to win 3-2 on Saturday.

"We're working towards consistency for this team, and hopefully this will be another lesson that we can chalk up and maybe learn from and get a little bit better for next time," he said.

Alberta lost a number of veteran players at the end of last season, including the top four scorers in Canada West—Tarin Podloski, Lindsay McAlpine, Jenna Barber, and Taryn Barry—and gained 15 new faces. The



LAUREN STIEGLITZ

THE DANGER ZONE Panda Alana Cabana beat the T-Birds' Sawa Matsumura to the puck on Saturday. The game went to a shootout, which the Pandas won.

revamped team is working hard on improving their game.

"The last couple of weekends haven't been great for us, but we've definitely learned a lot from it, and I think we're closer as a team," forward Jen Newton said. She scored once on Friday night and twice on Saturday and leads Canada West in scoring. "Even [Friday] when we were losing, we've been losing before, and it was individuals, but yesterday we were

losing and still playing as a team."

Fellow forward Leah Copeland, who scored the winning goal in Saturday's shootout, agreed with her teammate.

"It's going to take time, and we're still building, and we're getting better," she said. "People are panicking for us, perhaps; we're staying calm, we're building confidence, and our young girls are stepping up to the challenges that are put in front of them."

The Pandas try to bring that

unruffled attitude to the ice as well, but that has also been a work in progress, Newton said. She credited their improved relaxation as the deciding factor in the results Friday and Saturday's games, matches that were otherwise very similar.

"It was a lot more calm than yesterday," she said. "It was completely different—we weren't so panicky. Even Howie was really calm. There was just this sense that we were going to pull

it out."

The team is happy to get their three points out of the weekend, and hopes to carry the momentum from Saturday's win with them for the next few weeks of play.

"Today wasn't really redemption for us, but I think next week, that's really going to show if we're out of this or not," Newton said. "I want to get two wins next week; that's what I'm focused on right now."



TARA STIEGLITZ

STRAIGHT UP NOW Ashley Wigg, who led the Pandas in points Friday powered past the Brandon Bobcats the next night. Alberta won that game 82-48.

Regina brings Pandas to boards

Out-rebounded and out-scored on Friday night by the Cougars despite a late offensive rush, Alberta turned around and nailed Saturday's Brandon game

DEREK BATES
Sports Writer

In both their games this weekend, the Pandas basketball squad showed that, above all else, they have a lot of heart and hustle—but those alone weren't enough to beat the visiting Regina Cougars on Friday.

The Cougars (5-1) beat the Pandas (4-2) in a thrilling, down-to-the-wire 67-65 victory, while Alberta won 82-48 Saturday night against the young Brandon Bobcats (0-6).

Alberta made it very close in the dying seconds, but the Cougars' size and rebounding ability were just too much to overcome.

"They did a great job of crashing the glass," Pandas coach Scott Edwards said. "We knew they were a big team; we knew we'd have trouble rebounding."

The Cougars out-rebounded the Pandas by a margin of 18—including 18 offensive rebounds to the Pandas' twelve—and despite a lingering back injury, Cougars post Chelsea Cassano had a huge night, leading the game with 23 points and 14 boards.

Down by ten with five minutes to go, Alberta turned up the pressure, forcing turnovers and bringing the score to within two with under a minute left. Cougars head coach

Dave Taylor praised the team for their efforts.

"The Alberta kids, you know, they never quit; they turned it up on us late and made it more interesting than I wanted it to be," he said.

"Every time we looked like we were going to extend and get away from them, they made us turn the ball over."

"We knew they were a big team; we knew we'd have trouble rebounding."

SCOTT EDWARDS
PANDAS HEAD COACH

Despite their last-minute push, the Pandas came up short in the critical points of the game.

"I think our kids battled hard. They played with passion; the attitude at the end gave us a chance to get back in the game," Edwards said. "But we didn't execute when we needed to in big possessions throughout the game, in shot clock scenarios, or the end of quarters."

After that disappointing loss, Alberta were able to keep their focus and gear up to play the Bobcats the next night.

"We came out today knowing that we had things to change from last night and that we had to fix what we did wrong," Pandas forward Trish Ariss said. She chipped in with ten points and nine boards on Saturday.

The Pandas' defensive intensity is an integral part of their game, and was their biggest asset in both the win and the loss. They forced 35 Cougar turnovers and 30 in the game against Brandon.

"We're an undersized team, and if we can catch people off guard in the front court and get easy baskets, it's very important," said fourth-year guard Ashley Wigg, who led the Pandas with eleven points on Friday. "Especially in the half court trying to play against a bigger team, it's tougher to get to the rim; it's tougher to get those shots off, so anything that we can get in transitions and easy layups is always a bonus."

Another bright spot for the Pandas on both nights was their free-throw shooting. They went 15-16 on Friday and 16-19 on Saturday, to total an astounding 89 per cent from the line—a number Wigg said the whole team was proud of.

"I think everyone individually just took the initiative to focus more on them and make sure that they were knocking them down," she said.

Bears survive turnover trouble

Alberta gets two wins from weekend, but there's still room for improvement

PAUL OWEN
Managing Editor

It took a pair of big second halves from fifth-year guard Alex Steele for the Bears basketball team to overcome 52 turnovers and defeat the Regina Cougars (4–2) and Brandon Bobcats (5–1) this weekend in the Main Gym.

Steele scored 17 after the break on Friday after being held scoreless in the first half to down the Cougars 79–71 and added 23 in the second on Saturday en route to a game-leading 25—and a 106–93 victory over the Bobcats for the Bears (5–1).

To the irritation of head coach Don Horwood, however, Steele also picked up two fouls early in both games.

“I’m trying to get Alex to slow down a little bit so he can make decisions better,” Horwood said. “He gets out of control, and he gets in foul trouble when he’s out of control. We need him on the court, of course. I thought in the second half, he started to play with a little more poise.”

“Typically, I’m the type of player that as the game goes on, I seem to get better,” Steele added.

Though Alberta led by double digits for most of the game against Regina, the 27 turnovers they committed left Horwood upset with his team’s play after the game, calling it “terrible.”

“We looked like a junior high team out there,” he said. “Guys are playing without confidence; [...] they can’t make the right decisions: they make bad passes, bad decisions. It’s asinine.”

“Neb’s our best three-point shooter; he couldn’t put the ball in the frickin’ ocean.”

Andrew Parker and Richard Bates both posted double-doubles to add to Steele’s big numbers. Parker had 14 points and twelve rebounds, while Bates notched 17 points and 13 boards, seven of which came on the offensive end, which upset Cougars head coach James Hillis.

“If Bates pushes us under the hoop, if Bates comes over our back and gets



TARASTIEGLITZ

WIND IN YOUR HAIR Alberta’s Neb Aleksic flew right by the Brandon defense.

a rebound, that’s fine; Bates standing by himself on the offside of the hoop for a rebound, well [...] that’s a mistake our guys don’t want to make,” he said. “Bates is going to get offensive rebounds if you do everything right, so you don’t want to leave him.”

Saturday’s game saw the Bears turn it over 25 more times, but Horwood was quick to note they mostly came off of 17 Brandon steals, not poor passing.

“Yeah, we had some turnovers there against their pressure, but they’re tough; they’re very quick and very

active,” he said.

Alberta led by eight at the half against the Bobcats, but fell behind early in the third quarter before ripping off a 19–5 run to stretch their lead back to 13. It was a sharp contrast from the way the team had dealt with adversity in their previous three games.

“We stayed composed; we didn’t really get down. We didn’t really worry about it tonight—we had the feeling that we were up all night and we could get back in it,” said Steele, who scored 17 of his 25 points in the third quarter.

NCAA Bowl format doesn’t need a facelift

BEN
CARTER



Sports
Commentary

Canadian football will end this weekend, but south of the border, the season is just starting to get interesting. This is especially true of college football, which will see its post-season picture sorted out in the next few weeks. As that happens, the yearly barrage of calls for reform by adding a true playoff system will begin.

The argument against this change is less often heard but makes much more sense. The addition of playoffs would significantly alter—and quickly ruin—the culture of college football that has thrived for so long in the United States.

As it is right now, teams play out their seasons, and the winners of the six most prominent conferences, as well as four at-large teams, play in one of five Bowl Championship System (BCS) games. The two teams with the best rankings (as determined by a BCS computer formula) meet in the national championship game, creatively named the BCS National Championship Game, while the other eight head to the Rose, Orange, Sugar and Fiesta Bowls.

There are many problems with the implementing a college football playoff system, but they all boil down to the same theme: as simple and obvious as it seems, college football, in so many ways, isn’t professional football.

There are about two dozen football-factory schools in the US for whom college football is more of a business than athletic program. But beyond those, the vast majority of NCAA football programs strive to live up to

the idea of “student-athlete.” Adding two or three additional playoff games would only serve as added pressure to athletes and could occur at no other time but December, during final exams and holidays. Expecting professionals to play regularly into the new year is very different than asking the same of 20-year-old students who likely won’t play football beyond their next few years in school.

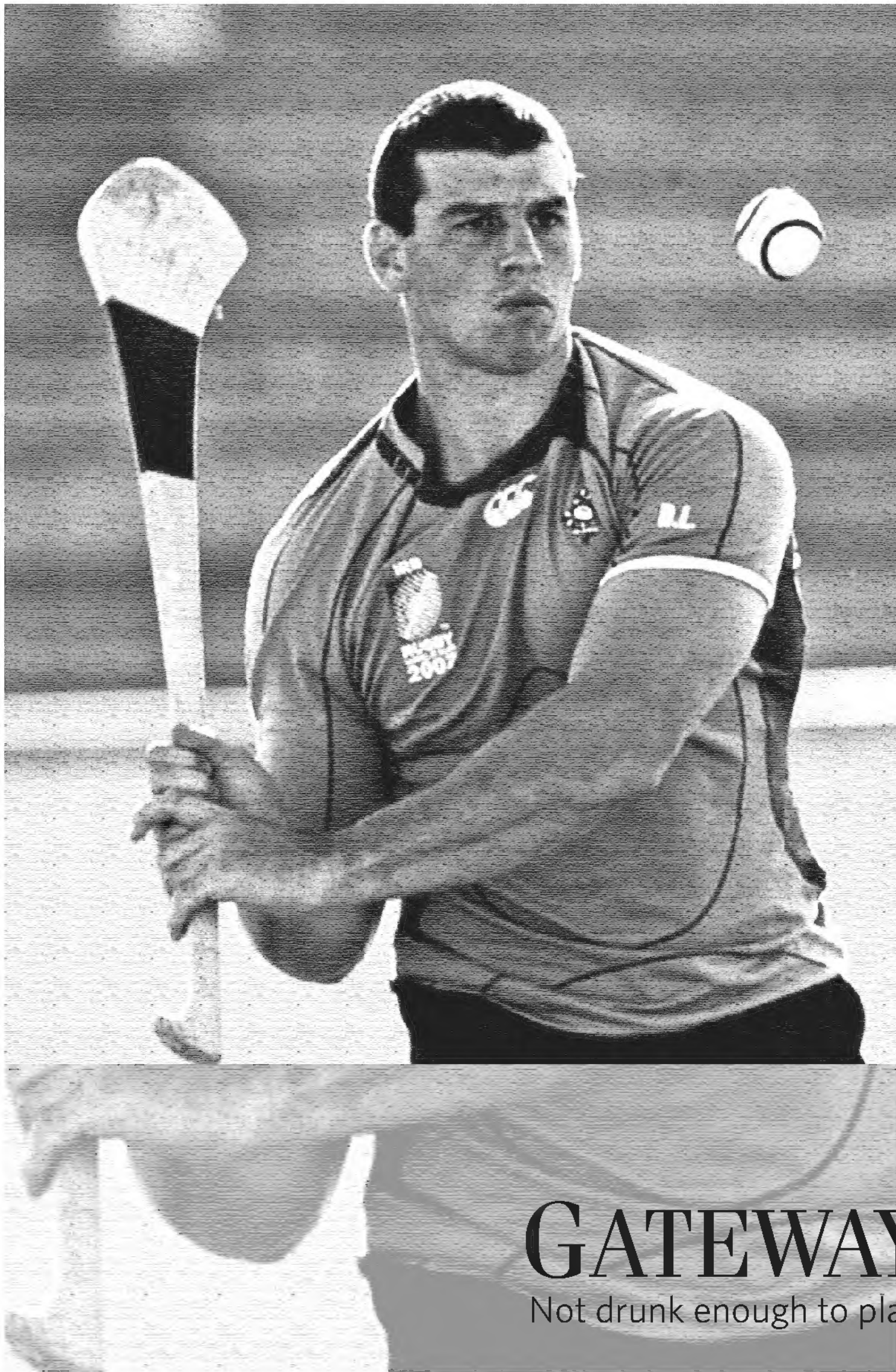
In addition, a playoff system is antithetical to the culture of American college football. A season-changing win or loss can happen to any team at any time. The best teams—the ones with national championship aspirations—are in must-win situations every week.

Rivalry games, conference championship games, and any number of other contests are of the utmost importance. Games sometimes don’t seem significant until they’ve ended and an undefeated team has gone down in flames to a lower profile opponent. It’s the magic of college football.

The only thing that adding a playoff would do is make the game easier to follow. It would quickly turn college football into the sort of easily digestible product that the NFL produces each week, where the regular season is just the lead-up to several weeks of playoffs. Television viewership for these playoffs would no doubt increase at the expense of the thousands of previously significant games played by smaller, less marketable teams.

The howls for a “proper” playoff die down when the national championship game produces a champion whose credentials can’t be disputed (as it has for the past two seasons). There’s no clearer indication of which team is the best in the country than the winner of the game played on the biggest stage.

There’s a reason that no other sport in North America inspires the devotion college football does. Serious disruption of the system isn’t worth it.



All over the world, Irish immigrants have tried to spread the popularity of hurling, their favourite home-grown sport, to little avail.

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PETE YEE

MISSSED PREY Brandon's Allie Butz (white) tried without avail to defend against Pandas like Ashley Wigg this weekend.

Revolving door of coaches to blame for Bobcats' record

A long string of short-term coaches and lack of attention compared to their men's program have meant losing seasons for Brandon women's basketball

PAUL OWEN
Managing Editor

If you're searching for a basketball powerhouse, Brandon, Manitoba is probably one of the last places you'd think to look. But with four titles and five more appearances in the final since their first trip to nationals in 1979/80, the Bobcats have proven to be one of the most successful programs in CIS men's basketball.

The same, however, can't be said about the Bobcat women.

Currently 0-6 on the season—and losing by an average of 21 points per game—the Bobcats have been the worst team in the country for the better part of a decade. The team hasn't won a conference game since 30 January, 2004, almost four full seasons ago.

"It's difficult to walk into a gym every night and have a whole bunch of expectations on you from everywhere across the country and still hold your head high," fourth-year forward Jennalee Burch says.

The problem in Brandon appears to start from the top down, where the women's side has had five coaches in the past seven years, making continuity an issue for players involved in the program.

"There's been a high turnover of coaches, and with a high turnover of coaches, there are not as many student-athletes willing to make a commitment to a coach or a school that may be leaving within the next two years," current Bobcats head coach Jaime Hickson says. "On the women's side, the program has been treated as a bit of stepping stone for some coaches—the ones who have taken it in the past have got it so they could

take a better job and move on."

For Burch, this coaching carousel became too much last season, when she took a year away from the team.

"On the women's side, the program has been treated as a bit of a stepping stone for some coaches—the ones who have taken it in the past have got it so they could take a better job and move on."

JAIME HICKSON
BRANDON HEAD COACH

"In the last four years, we've had three different coaches, and it's hard to build a program like that. It's hard to connect with a new coach, and then another one and another one, and I couldn't handle it anymore, personally," Busch explains, adding that after watching the team from the sidelines last year, the strides they made under Hickson made her want to come back.

However, the men's side is also now on their third coach in three years, and have had no trouble staying competitive: they earned a silver medal at nationals last year, losing by three to Carleton in the final. Hickson attributes this difference to the reputation that the men's program built in the '80s and '90s under Jerry Hemmings, when they won their four titles and made nationals a record 24 times in

a row. Meanwhile, the women's program doesn't have that recognition to fall back on.

"The men's program has had the tradition of Jerry and everything he built there. Brandon men's basketball, you can mention that to anybody across Canada, and they know who it is," she says. "They know what type of program, and the standard that's been set with them. Whereas the women's program, they've continued to struggle because they haven't always had the support from the University that we have now."

"In order to recruit and bring in the talent, you have to be a profitable program. The men's program has been profitable. They've been profitable in their recruiting, and good players come; you want to play with the best. The women's program hasn't been profitable in years, so it's hard to attract. Right now, we're working towards that, and we are becoming profitable. We're starting to draw some of the positive attention and change the image of our program because the image hasn't been great."

Burch, on the other hand, points to the continuity that the Brandon men's team has had—seven players return this year from the team that lost to Carleton, and an eighth, Chad Jacobsen, is now an assistant coach—as the reason for their success.

"Although the coaches have been turning over in the men's program, the players have been sticking around, and that's a big thing," she notes, adding that losing all the veterans after her first year was difficult on her as a developing player. "That's why they've been having their success, and we've been starting from square one almost every year."

Stars making music about bedrooms, not in them

After two years on the road, the montreal pop band has learned a few things about making music—and gained the cash to do it

musicpreview

Stars

With *Miracle Fortress*
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PAUL BLINOV
Arts & Entertainment Editor

If there's one thing to be said about Amy Millan, the female co-vocalist of Stars, it's that she's honest. Even in the midst of discussing issues that would cast her band in a particularly positive light—their decision to make their tour eco-friendly, for example—she's not the type to just suck up praise she feels is undeserved. Instead, she's more than willing to give her two cents on the issue.

"Eco-friendly is turning into the new organic, where there's just a lot of bullshit involved," Millan admits over a crackly phone line. "We're still on a bus, and we're still pumping that bus full of gas, and we're still creating lots and lots of garbage with eleven people living in one space. But we're trying to put money towards some balancing points."

Balancing odds and ends have always been a part of Stars' two-headed game, with Millan trading off lead-singer duties with Torquill Campbell, and every member of the band contributing to the songwriting. But for the first time in their seven-year career, the band is finding that the scales have been tipped in their favour—financially, at least.

After the success and years of touring that 2004's *Set Yourself on Fire* generated, the band found themselves with unusually full wallets when heading to the studio to record their follow-up.



"We had more money; we never had any money to make a record before," Millan says. "This was the first time where we had a considerable budget, where we didn't have to use one microphone and a blanket as isolation. So we took advantage of it."

"[Spending a lot of money is] definitely not necessary to make a good record," she continues. "But we had made our past three records in our bedrooms, so it was the first time we

were like 'let's spend the money and see what happens.'"

The resulting album, *In Our Bedroom After the War*, was not only influenced by the extra cash, but also by the time spent working out songs on tour. All the road time helped sharpen the band together, making them much more confident in recording in a room together as opposed to one at a time through a computer.

"[Touring] definitely made us

more confident as a live band and playing together live," she explains. "A lot of the songs that had been written before had been done [separate]: Chris and Evan would record onto the computer, and Torq and I would work off the computer. But when we went to record *In Our Bedroom*, everything was done off-the-floor, rather than calculated through tracking. It was done with a really live feel."

With so much success over the

past few years, it's no surprise that the band's taking a little time to pursue alternative artistic endeavors—Millan released a solo disc, *Honey from the Tombs*, in 2006—but when it comes to getting back together with her band, Millan doesn't see Stars as just work and no play.

"I think of it more as my wife, and the other projects are more like mistresses," she laughs. "I feel very dedicated to the wife."

Love in the Time of Cholera a tangled trap

filmreview

Love in the Time of Cholera

Now Playing
Directed by Mike Newell
Starring Javier Bardem, Giovanna Mezzogiorno, and Benjamin Bratt

KRISTINA DE GUZMAN
Arts & Entertainment Staff

When critics of the 1985 novel *Love in the Time of Cholera* argued that Gabriel García Márquez wrote a story lacking so much depth that the inattentive reader might find themselves lured by its sweetness and simplicity, Márquez fuelled the argument even more with his candid agreement: "You have to be careful not to fall into my trap." Márquez is right to be proud: his words have followed his story of timeless love all the way to Mike Newell's film adaptation.

Love in the Time of Cholera begins with the death of Dr Juvenal Urbito (Benjamin Bratt). As church bells ring, we see another old man and a woman significantly younger than him, post-coitus, in another part of town. Sensing that someone

has died, the man quickly leaves his bedmate, and the next thing we know, he's at Dr Urbito's home, offering condolences to the mourning widow Fermina (Giovanna Mezzogiorno). We discover that this man is Florentino Ariza (Javier Bardem), and that he has waited "51 years, nine months, and four days" for this moment.

Up until this moment, the film lacked emotional pull; it's been difficult to tell if Fermina's bland expression is supposed to be a reflection of her true feelings or if it's only a bad acting choice by Mezzogiorno. But in that one scene, the fire that's been absent from the film thus far suddenly begins to blaze.

***Love in the Time of Cholera* hops around the idea of how love can be insane, real, or both.**

After Florentino pours his heart out to Fermina, she reacts with rage, telling him that she never wants to see him again, and Mezzogiorno reveals

herself to be quite a skillful actress. The same goes for Javier Bardem; despite having first witnessed Florentino in a rendezvous with another woman, the content and feeling of his proclamation to Fermina has you believing that he's genuinely loved her for a very long time. The story is between these two souls creates a feeling of curiosity; we want to know what the story of their romance is.

Unfortunately, that story is mostly skeletal, with few parts fleshed out to satisfaction. We're taken to the Colombian town of Cardenega in the late-19th century and watch Florentino and Fermina grow from youth into old age, but the depiction of their young love is idealistic and superficial. Sadly, actor-actress chemistry can't save the sappy love story because there's simply none that exists between Mezzogiorno and Unax Ugalde, who plays Fermino in his adolescence.

The obstacles of the doomed relationship—namely Fermina's controlling father (John Leguizamo) who comes off more as an abusive husband—seems trivial because key details and motivations have been left out. As a result, when Fermina is forced to move away and later marries Dr Urbito, Florentino's continued



obsession is incomprehensible after so much time apart and so many women.

Clearly, his "cholera" is his idealistic love for this woman who has rejected him. But like any other person suffering from a horrible disease, you can't help but feel a hint of sympathy for the man. When Bardem resumes the role of Florentino, it's a more-than-welcomed change, as he shows effortlessly why his character

is both pathetic and dignified.

Love in the Time of Cholera hops around the idea of how love can be insane, real, or both. It's frustrating to witness how love can be an irrational obsession, but that feeling will be met with a tug at the heartstrings at how love can also be an unwavering force. You may very well end up in a trap, wondering how you got there—but that was Márquez's whole point.



Manhunt gruesome but dull

Manhunt 2

Available Now
Published by Rockstar Games
Available on Wii, PS2, and PSP

KYLE YASINSKI
Arts & Entertainment Writer

It seems that whenever Rockstar Games releases a new title, it's destined to be rife with controversy. *Manhunt 2* is no different. After being delayed for six months to tone down its excessive violence, we finally have what concerned parents and politicians would call an "ultra-violent murder simulator" in stores. However, despite all the attention that this title has gotten in the mainstream press, most gamers don't give a shit about it—for good reason.

Manhunt 2 takes place in the Dixmor Asylum for the Criminally Insane. You play Daniel Lamb, a scientist who was part of a top secret experiment known as the "Pickman Project" and thrown into the asylum by the government after the experiment went horribly wrong. One night, the power goes out during a thunderstorm, and all the psychopaths are left to run loose. Your goal is to escape with your life—all the while finding the most violent way to take out your fellow inmates.

The game plays like an otherwise watered-down version of *Splinter Cell*, with the violence cranked up to eleven. It's fairly simple: you sneak through the asylum, evade your fellow inmates by hiding in the shadows, and attack when they least expect it. While the majority of

the game is this basic, killing is where it starts to get complicated.

When first starting the game, you're forced to go through a tutorial of different ways to swing the Wii remote and nunchuck to kill people. These kills are as diverse as they are perverse. Want to cave a man's head in with a fire extinguisher? Go ahead. Want to cut off a man's testicles? Give it a try. Want to play a game that's fun? Sorry, maybe try *Manhunt 3* in two years.

While the Wii may have a more powerful graphics engine than the PS2 or PSP, the versions look disappointingly identical to one another. The environments aren't too ugly, but the character models are awful, looking like a now-dated PS2 launch title. In order to actually get this game published, Rockstar had to introduce filtering effects during some of the more exquisite kills. But after your 20th kill or so, said effects will start to give you headaches, and you'll begin to wonder why you needed to remove that homicidal maniac's genitalia.

If there there's one high point to the game, it's that the sound production is very well done. Every disturbing kill corresponds with an assortment of equally disturbing screams, moans, squishes, splatters, and slices. There really isn't that much background music during play, which adds to the creepiness.

As the first M-rated title for Nintendo's little white box, *Manhunt 2* is something of a flop. It seems that all the controversy was for nothing, as most gamers don't—and rightfully shouldn't—care for *Manhunt 2*.

It may have guts and gore, but at least there's genuine context to it



RAMIN
OSTAD

A&E Commentary

Despite the growing mainstream acceptance of video games, the idea that they're just for kids is still infuriatingly prevalent. Nevermind that surveys have found the average gamer to be in his or her late 20s; public perception and media spin constantly push the assumption that all videogames are toys for children, rather than entertainment for a variety of different ages.

While I'd like to say that influential members of the gaming industry—like the Entertainment Software Ratings Board (ESRB)—heartily battle that perception, they probably infantilize video games more than anyone else.

The prime example of this is *Manhunt 2*, Rockstar Games' ultra-violent, psychoses-induced survival horror romp released this week. Originally intended for release last summer, the game was given an Adult Only (ages 18 and up) rating by the ESRB—gaming's answer to the MPAA—due to its extremely violent nature. Since most retailers have strict policies against selling any AO-rated games, this rating effectively banned the game in North America, forcing the creators to marginally trim down the game's gore before the ESRB dropped the rating to M, for players 17 and up. That's a marginally better outcome than with the British Board of Film Classification, which outright banned the game.

Now, some of you are probably thinking, "So removing a scene where a guy gets his nuts ripped off is infantilizing?" Frankly, yes because while that action on its own has no context, it does in the game. You're not just killing someone in cold blood; there's a reason for it all, and that's something any regular adult can understand. The murder stops as soon as they put down the controller. But the ESRB rating system's inability to adapt to this growing maturity of gamers—continuously adding "content descriptors"

doesn't cut it—as well as the gaping chasm that exists between the Teen and Mature ratings hinders the industry's development as its audience gets older.

For one thing, the distinction between a Teen and a Mature can sometimes be made by simply looking at the colour of the blood that spews from your enemies: green means Teen. Also, the age group that the word encompasses is far bigger than the ESRB seems to give it credit for: their rating deems it to be ages 13–17. I don't really put much stock in a 13-year-old's ability to fully understand the mature themes in a game like *Grim Fandango* or the sardonic humor and \$100 words in the new *Sam & Max* games as well as a 17-year-old would.

While that action on its own has no context, it does in the game. You're not just killing someone in cold blood; there's a reason for it all, and that's something any regular adult can understand.

This becomes important when the T rating encompasses vague situations like "violence, suggestive themes, and/or strong language." For that matter, I doubt that a 17-year-old would get a drastically different message from *Manhunt 2* than someone just a year older.

It's a parent's responsibility to determine what their kids should be playing. The problem comes when they can only rely on the ESRB's content descriptors, which describe potentially offensive content in the game, except without that essential ingredient we call context—you know, that thing that tells you why you'd be committing any of these acts.

I'm of the firm belief that a game can be used to convey a well-written story and an adult, sometimes graphic, message. But the infantilization of the industry needs to change from within before public perception can change. Only then will games at least approach the maturity of the average 20-year-old.

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featuredalbum

Raine Maida
The Hunters Lullaby
King Noise Records

SARAH SCOTT
Arts & Entertainment Writer

Our Lady Peace’s relatively long absence from the spotlight makes lead singer Raine Maida’s solo album sure to be welcomed by those hungry for a new snippet from the band. However, OLP fans will hear very little of their beloved band in *The Hunters Lullaby*, an eclectic montage of poetry put to music. Raine Maida has taken off and found a voice of his own: *The Hunters Lullaby* could be described as a strange union of folk and hip hop. But what it really comes down

to is a nearly unparalleled acoustic performance of spoken word, matching beats to spinning emotions. Yet, with the exception of the first single, “Yellow Brick Road,” tracks on the album tend to be blatantly dreary and overtly melancholy. Though none of the songs are subject to the extensive teen angst of groups such as Simple Plan, Maida tends to put a negative spin on life in general here: “The Less I Know” questions religion, while “China Doll” displays Maida’s up-and-down relationship

with politics. Maida’s wife, singer/songwriter Chantal Kreviazuk, provided additional vocals on a select few songs, but her additions are grinding and weak, especially on tracks such as “Careful What You Wish For.” Maida and an acoustic guitar would have spoken just fine for themselves, though he does manage to create a sound completely his own. Every song on the record is a dazzling display of Maida’s musical prowess, from his telling lyrics to his unique and undiluted voice. *The Hunters Lullaby* is completely Maida’s, and any fan of his will have no reason to dislike an album that so completely captures him, even if it doesn’t recall his band at all. Check out the editor’s playlist at thegatewayonline.ca to hear select tracks from *The Hunters Lullaby*



albumreview

This is a Standoff
Be Excited
Independent

SEAN STEELS
Arts & Entertainment Writer

There’s something to be said of instrumental virtuosity—bands like Motörhead and Iron Maiden meld lightning-quick percussion with scintillating fret work to fire up anthemic storms of rock. Good punk is about finding a balance between this fiery aggression and the melodic hooks that connect listeners to the album. This Is A Standoff’s debut album falls apart at this crucial connection:

Be Excited is all fire and no heart. At least the band can play their instruments, and they do that well. What the group lacks in euphony, they make up for by making such technically proficient music. With members hailing from Forty Cent Fix and disbanded Canadian punk staples The Belvederes, it’s no wonder they’ve harnessed every high-speed manoeuvre into a well-coordinated audio attack.

But that speed is a big part of the disc’s downfall. Songs like “Fashion Faux Pas” and “Better Than All Of Us” take off like a rocket car down a freeway covered with stop signs. The punky, stop-and-go effect is effective in small doses, but by the time you’ve ground to a halt and then blasted off for the 32nd time, it becomes predictably nauseating. The mix is fast and hard, like any good punk album, but every song runs together into a repetitive garble of frantic drumming and super-charged guitar riffs. “Drum Beater,” the last song on the album, finally breaks this trend with a soaring guitar hook that tames the unbridled aggression. It brings a harmonious soul to the roaring rhythmic charge, but it’s too little too late. *Be Excited*? No. Mildly enthusiastic? Maybe.



albumreview

Augie March
Moo, You Bloody Choir
Ra Records

KELSEY TANASIUK
Arts & Entertainment Staff

Picture yourself in a room with friends. The lights are dim, and you don’t recall what time it is, but you’re happy and calm. Your friends are lounging on leather couches, and you’re all talking about the big questions in life. Should you ever find yourself in

this position, Augie March’s *Moo, You Bloody Choir* is the album you want playing in the background. With its melodic and rich sound, there’s no denying that the album is an exceptional listen, and while frontman Glenn Richard’s vocals are nothing to sneeze that, they don’t

overpower the masterfully played instrumentals. This isn’t to say that *Moo, You Bloody Choir* is the be-all-end-all of albums. In fact, it has difficulting standing in the spotlight. It’s a good listen, but the album also isn’t the most captivating sound you’ll ever hear. Background music is what it’s best suited for. The album’s songs are all a little too similar, all melting into one very long song after you stop paying attention. So while you enjoy it as a pleasant background piece, should you choose to give Augie March’s album a private, focused listen, you’ll end up praying for a drastic tempo change.



albumreview

Burn the 8 Track
Fear of Falling Skies
Curve/Universal

SIMON YACKULIC
Arts & Entertainment Writer

By the conclusion of the second song, Burn the 8 Track will have impressed their catchy, distorted melodies upon your ears, and you’ll be nodding your head quickly along with the fast-paced beat. *Fear of Falling Skies* is a collection of solid tracks that seem to improve, peak, and then regrettably fall with repeated listens: the perky guitar, buzzing with the glow of a warm overdrive, competes with and even leads the melodic development in most of Burn the 8 Track’s songs. Lyrically, topics range from exquisitely woven poems regarding, in

horror, the wanton destruction of the earth in “Fear of Falling Skies” to the struggles of the third world explored in “Equilibrium,” to typical ballads of lost love like “The Great Divide.” Post-9/11 society is also explored in “Intelligence Lost.” The chemistry clearly exhibited throughout this release between Derek Kun’s vocals and his brother Jason’s guitar—which smoothly alternates from scorching solos to broken-chord melodies—creates the great presence that makes this album worth listening to. Everything about this band screams

tight, like listening in on a brilliantly executed jam session. But unfortunately, and especially with multiple listens, these tracks suffer from a level of monotony they all sound kind of like the same song, cut up into twelve separate tracks with slightly different lyrics. I found that when I laid down my headphones and picked them up 15 minutes later, it was like I’d pressed pause and was simply starting from where I left off. Musical consistency isn’t necessarily a bad thing, especially with well-executed tracks like those on *Fear of Falling Skies*; however, the repetition quickly lowers the amount of time that any non-diehard fan can listen to this album. If you need to play something to pump up your adrenaline while wrestling, studying, or bowling and you’re not going to be listening to your music that closely, *Fear of Falling Skies* is a good choice. On its own, however, the album quickly burns itself out.

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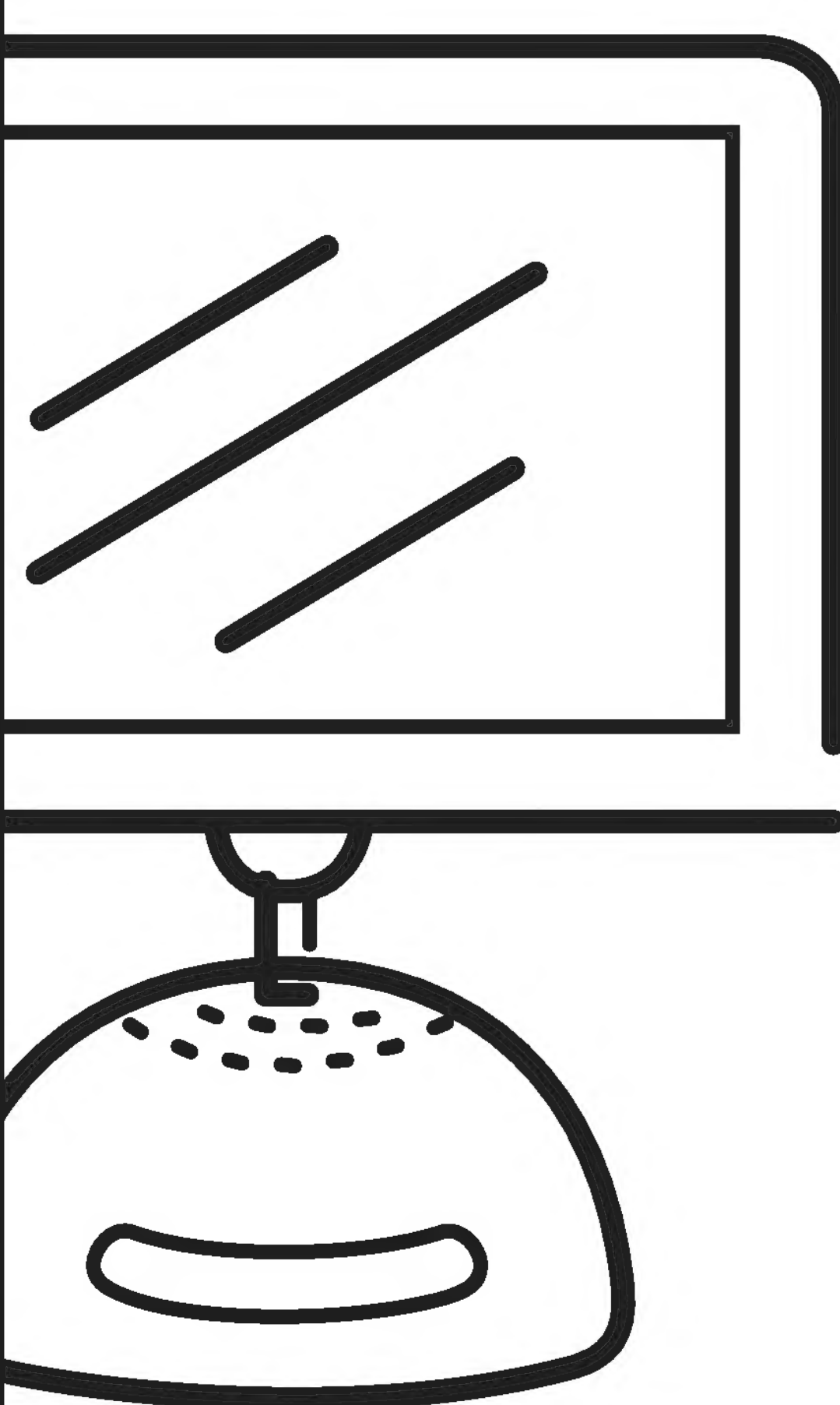
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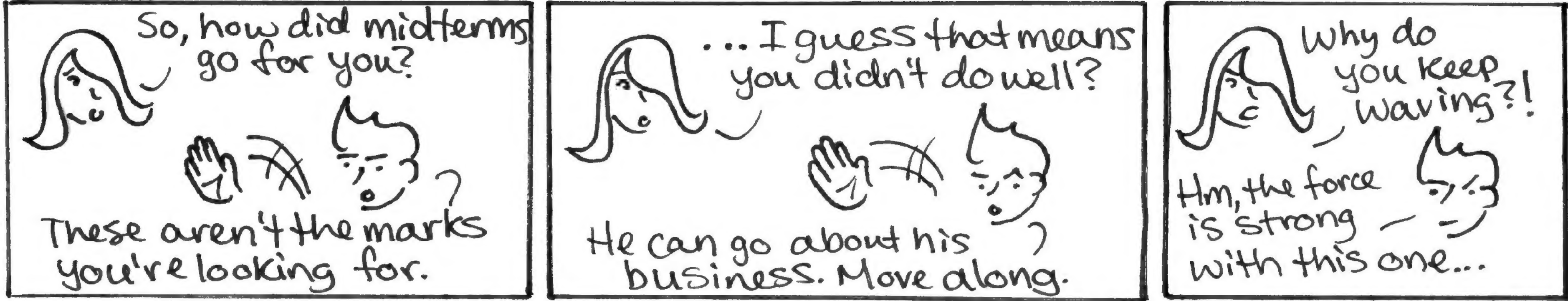
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PERSONALS

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AVALANCHE OF PANCAKES

[Editor's note: since our resident writer of Avalanche of Pancakes is currently on a sympathy strike to support the Writer's Guild of America, we bring you a special AoP From the Archives. To celebrate the upcoming 98th birthday of this dear old rag, we present you the very first AoP from 21 November, 1910. At that time, the Gateway wasn't a collection of campus news and swear words, but rather a humour magazine aimed at textile factory workers. Enjoy!]

"Good day to you, Mr Wilson," said Sam Burner as his old, trusted friend approached the table. "Will you rest your tired feet for a moment and join Mr Cumberdale and myself in a small sampling of opium?"

"But Mr Burner, did not Mr King outlaw such things not two years heretofore?"

Burner gave a hearty laugh. "Oh Mr Wilson, you are a character. We're white and affluent!"

"Indubitably!" Shouted Mr Cumberdale.

"Now, dear Mr Wilson, tell us of your recent travels," demanded Burner as he leaned back.

"Very well. I have just returned from a trip where we travelled by Zeppelin air-ship. Such a wonder it was: the noise of the engines was thunderous, and reminded me of the noise on the battle-fields of the Boer War a decade past," Wilson cried with wonder in his eyes.

"Air travel? Utterly useless," scoffed Burner.

"In-conceivably!" Shouted Cumberdale.

Wilson shook his head. "Oh Mr Burner, you simply can't imagine a machine powerful enough to lift your heifer of a wife to the skies.

"Actually, my wife and child died earlier this week of polio. I am left alone with the feeble-minded Cumberdale for the rest of my days."

"Inequitably!" Wailed Cumberdale.

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THE GATEWAY

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MIKE OTTO

BALLAD OF THE LONELY ROCK BAND Oshawa's Cuff the Duke entertained fans last Friday at the Dinwoodie lounge, playing their off-the-cuff brand of power-chord alt-country to a royal reception.

Study reveals danger of spiked energy drinks

Popularity of online courses soars

KIRSTEN GORUK
News Staff

Combining alcohol and energy drinks—a popular practice among university students—is a dangerous choice, according to a US study that attributes the mixture with high-risk consequences.

The study, carried out at Wake Forest University School of Medicine in North Carolina, revealed that consumption of spiked energy drinks, as opposed to basic alcohol intake, increases the chances of being injured, needing medical attention, drunk driving, being taken advantage of sexually, and taking advantage of someone else sexually.

But if students are surprised to find out about the risks, the study's lead researcher, Dr Mary Claire O'Brien, can explain the facts simply.

"You wouldn't sit down and have ten beers and ten espressos at the same time, but some energy drinks have levels of caffeine equal to an espresso, and [students are] mixing them with alcohol," O'Brien explained.

Here in Edmonton and at the U of A, the popularity of alcoholic energy drinks is still prevalent.

"It was at an all-time high about a year ago, and it has started to die off—I wouldn't say significantly, but a little bit," said Brodie Wagner, general manager of Bar Wild on Whyte Avenue.

Wagner's bar serves Red Bull, but

they don't promote the mixture of it with alcohol. In fact, Wagner explained they're bound by law not to combine the two. The shots of alcohol and energy drink are served separately; mixing them is then the choice of the consumer.

"You wouldn't sit down and have ten beers and ten espressos at the same time, but some energy drinks have levels of caffeine equal to an espresso and [students are] mixing them with alcohol."

DR MARY CLAIRE O'BRIEN
LEAD RESEARCHER
WAKE FOREST SCHOOL OF MEDICINE

Owgi Black, assistant manager of Hudson's On Campus, said he's noticed similar trends.

"Jäger-bombs [shots of Jägermeister dropped into a glass of Red Bull] are pretty much a popular shot anywhere you go. But we don't push them," Black explained. He further admitted that he personally steers clear of the whole spiked energy drink phenomenon.

PLEASE SEE **SPIKED** ♦ PAGE 3

SCOTT FENWICK
News Staff

Statistics Canada reports that more Canadians than ever are using the Internet to learn, and Alberta is leading the way.

The report, released 30 October, showed that 30 per cent of Alberta adults went online in 2005 for education-related reasons—more than in any other province. Nationally, 26 per cent of Canadians surveyed in StatsCan's *Canadian Internet Use Survey* used the Web as a learning resource. The study also noted that that nearly 80 per cent of full-time and part-time students used the Internet as part of their studies.

The study confirmed a trend toward Internet-based learning, according to Michael Hotrum, an information technologist who helps University instructors use technology to teach in the Faculty of Extension. He explained that Alberta's booming economy and the job market are the main factors for the growth.

"Companies are looking for what they would call 'just-in-time learning,'" he said. "[Employers] want to have a particular set of skills very quickly. These individuals can't go [off-site] for a particular period of time."

The trend in Alberta has risen sharply this year. eCampus Alberta, a consortium of 15 Alberta postsecondary institutions offering online

education, reported that registration in online courses rose by 45 per cent to 5189 for the 2007/08 school year.

The rise in online learning doesn't surprise Karl Low, a distance-education student at Athabasca University, an institution that offers approximately 700 online distance courses, including bachelor's and master's degrees.

"I find the freedom I want to do part-time jobs and not have to go in [to class] at any set time," he said from his home in Calgary. "You do the assignments when it works for you."

As the current Vice-President (External) of the Athabasca University Students' Union, Low also credits Alberta's economy for propelling the growth of online education reflected in the study.

"Our economy is flying, so getting a job is easy," he said. "You're finding more and more people are getting a job while they learn. They find the flexibility of online learning is worth it."

Although some U of A faculties are offering online distance courses for graduate students, Sandra Dowie, the University's e-learning development officer, said not to expect as many for undergraduates.

She explained that the University, which remains unaffiliated with eCampus Alberta, wants to emphasize online education with graduate programs instead.

"We see ourselves largely as an on-campus learning experience," she said. "[Instruction] may be enriched

by online activities, but [...] we are primarily a face-to-face institution."

In fact, fewer U of A students are in online distance courses than last year. According to the Registrar's office, 476 students are taking online distance courses from the University during the 2007/08 academic year, down from 634 in 2006/07. Likewise, registrations for online distance courses fell from 908 to 572 over the past year.

The study also found that rural Canadians were more likely to use the Internet for distance learning than urban Canadians.

According to the study, which is published in the StatsCan publication *Education Matters*, "Electronic distance learning could be a possible solution to the postsecondary access problems facing rural youth."

Likewise, Hotrum said that the online world has made education in general more decentralized and accessible. He added that part of the decentralization comes from social software like online discussion forums, webcasts, weblogs, and mobile devices.

"Mentoring and tutoring online has increased dramatically and can involve a student in Barrhead seeking physics tutoring from Bangalore, India," Hotrum said. "With the advent of social software, we're entering into areas of real student engagement, where students are creating things, [and] working together in groups."

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Hairy hairy hairdo

Not shaving for November? We've got some suggestions for what to do with that facial farm of yours.

OPINION, PAGE 7



Hungry hungry hippo

Going hungry's a bitch. But food can be expensive. Don't end up like this guy: learn to feed yourself for less.

FEATURE, PAGE 9

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colophon

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contributors

Kristina De Guzman, Ramin Ostad, Kyle Yasinski, Sarah Scott, Kelsey Tanasiuk, Simon Yackulic, Sean Steels, Scott Fenwick, Kristin Goruk, Jennifer Huygen, Allison Graham, Kelsey Tanasiuk, Paul Knoechel, David Johnston, Lauren Alston, Norman Lau, Ross Lockwood, Ben Carter, Derek Bates, Scott Lilwall, David Ridley, Kyle Zeleny, Lauren Stieglitz, Pete Yee, Steve Jobs for finally releasing a software update for my constantly kernal-panicking iMac.

Polar bears become symbol of climate change debate

JENNIFER HUYGEN
News Staff

As the debate on climate change continues to heat up, skeptics are using the polar bear as a focal point in the ongoing debate about the realities of global warming.

Polar bears are listed as "vulnerable" under the International Union for the Conservation of Nature and Natural Resources Red List of Threatened Species, and their classification is currently under review in Canada and United States. Dr Andrew Derocher, a professor of biological sciences at the University of Alberta, believes that polar bear conservation isn't a matter up for debate.

"The only people that say that climate change doesn't have an impact on polar bears are people who have a vested interest in maintaining their current activities without any modification and people that don't know much about the ecology of polar bears," Derocher said via email.

The catalyst for the defense of polar bears comes after a marked rise in skepticism last month on the international level.

At the center of this was the release of a new book titled *Cool It* by global warming skeptic Bjorn Lomborg, who dismissed concerns that polar bear populations were the victims of climate change and stated that instead they're victims of overhunting.

According to Lomborg's book, international leaders are spending too much time and money on cutting greenhouse gas emissions and not enough on addressing on-the-ground problems like the hunt. (Lomborg was unavailable for comment when con-

tacted by the Gateway.)

Dr Ian Stirling, an adjunct professor at the U of A and a research scientist emeritus with the Wildlife Research Division of Environment Canada, warned that one has to be careful when looking at the evidence.

"There's really not much doubt amongst most people who work with polar bears that climate warming is having a negative effect on ice and a negative effect on the bears themselves," he said. "There are one or two people who keep on raising bits and pieces of information—either they tell them out of context or they are reported out of context—but they don't change that picture."

Stirling admits that a lot of this difficulty has to do with the lack of long-term data concerning polar bears and their habitat.

"There are about 19 different populations of polar bears, and [for] many of them we don't have enough information to know if they're increasing, decreasing, or staying the same," Stirling said.

Derocher, who also acts as chair of the World Conservation Union's Polar Bear Specialist Group, has been conducting an intensive study on the bears living in the western Hudson Bay region, an area with more conclusive data.

"The population has declined by 22 per cent over the last decade," he explained. "Some of the decline is directly attributable to a [three-week] decrease in the time that Hudson Bay is covered by sea ice."

Derocher and Stirling both agree that sea ice and habitat is the crux of the matter.

"The sea ice north of Alaska retreated to an all-time low this past summer.



COURTESY OF DR ANDREW DEROCHER

The long-term median amount of sea ice at its minimum level is 6.7 million [square kilometres], but on September 16th, 2007 it dropped to 4.1 million," Derocher said.

Many skeptics, Lomborg included, believe that the polar bear would be able to adapt to a north Atlantic ecosystem, meaning one where there's no ice, but Derocher strongly disagrees.

"Species cannot undo about 200 000 years of evolution in more than 100 years," he said. "Specialized species

that [lose] their habitat go extinct."

Derocher stressed that extinction remains a distinct possibility for the polar bear, an animal that has become a visible icon for climate change and the worldwide debate surrounding it.

"Projection models suggest that about two thirds of the polar bears will be gone by mid-century," Derocher added. "If the pace of change continues, the consequences for polar bears will be dire."

STREETERS

Compiled and photographed by
Steve Smith and Krystina Sulatycki

A recent study found that combining energy drinks and alcohol can be harmful to people's health.

If you were to compose a Streeters question on this subject, what would it be?

Sonya Odsen
ENCS IIKaylee Somers
Phys. Ed./Ed. IIJustin Assburger
Science VCristian Manucci
Arts Alumnus

"What is the worst situation you can get into while very hyper and very, very drunk?"

"If it's such a bad thing, why do bars sell that in the first place?"

"Is the fuck as good on Red Bull and vodka?"

"Does your heart rate increase when you mix alcohol with Red Bull?"

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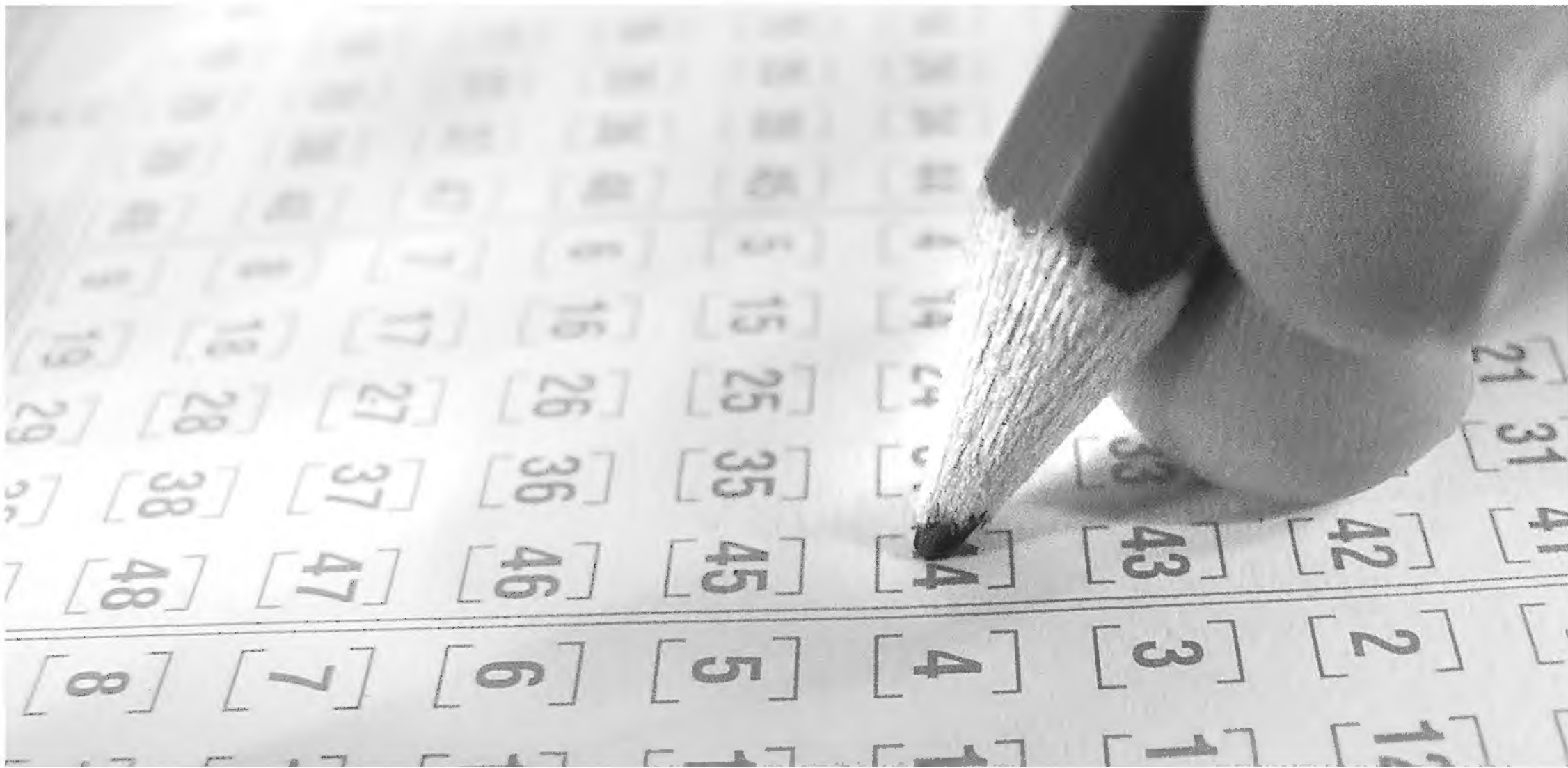


PHOTO ILLUSTRATION: DAVID RIDLEY

THE ODDS AREN'T GOOD Recent research has cast serious doubt on the long-term payoff of compulsive gambling.

Study links gambling and suicide

ALLISON GRAHAM
News Writer

According to an academic article written by two University of Alberta researchers, gambling addicts are about 3.4 times more likely to attempt suicide than the average Canadian.

Dr Angus Thompson, a former U of A professor now with the Department of Public Health at Flinders University in Australia, along with Dr Stephen Newman, a psychiatry professor at the U of A, wrote the paper linking gambling and suicide based on data taken from the Canadian Community Health Survey.

The survey, which interviewed almost 37 000 Canadians ages 15 and up, discusses various issues impacting health, from mental illnesses to unemployment. Thompson and Newman also took information from a previous study they'd done in 2003 that assessed over 7000 adults from Edmonton on similar topics.

"This study of a very large number of Canadians, coupled with our earlier investigation [...], showed a very simple and important fact: that suicidal behaviour, mental illness, and severe gambling problems are interrelated," Thompson said. "Our studies were the first, we believe, to show [the relationship] in a community sample, which is much less biased than observations on

a clinical sample or than recollections or hearsay."

By analyzing these two studies, Thompson and Newman concluded that very serious or "pathological" gamblers are more likely to have suicidal thoughts or to have had attempted suicide in the past.

"Having ruled out the influence of a number of other factors, we still found that the odds for a suicide attempt are about 3.4 times higher among pathological gamblers than among others," he said.

According to the Problem Gambling Resources Network of Alberta (PGRN), the gambling industry has become a billion-dollar business in Alberta, growing at an alarmingly fast rate since 1990. PGRN, which funds and works with programs like the Alberta Alcohol and Drug Abuse Commission (AADAC), has noted the need for public awareness since gambling addiction in children even as young as twelve has continually increased since 2002. However, Thompson stressed that in order to solve the increasing gambling problem, it is not sufficient to focus on causes of gambling addiction alone.

"Other studies have shown that most social problems are, in fact, related. So, the trick might be to find out what underpins them all, rather than focusing on separate causes for

gambling, suicide, substance abuse, and so on," Thompson said.

He added that although the paper, based on data from the two studies, only correlates pathological gambling and suicide and doesn't show cause-and-effect, this study is the evidence many anti-gambling establishments have been waiting for. Thompson said when the data initially included other possible factors of suicide attempts that aren't specifically gambling but are usually associated with gambling addictions—for example, alcoholism, mental health problems, and economic instability—people were 8.5 times more likely to have attempted suicide.

Thompson added that overall, the study suggests the increasing number and promotion of casinos is basically adding salt to the gambling wound, and that reducing the amount of pathological gamblers starts with decreasing exposure to gambling institutions.

"The evidence overall is that gambling in the form of casinos is a social evil, and because of its [...] addictive nature, it is not about freedom of choice," Thompson said. "Gambling is not about the exercise of free choice in the way we ordinarily conceive it—at least [not] any more than it is for an addict taking heroin or an alcoholic having another drink."

Risks of spiked energy drinks not widely known

SPIKED ♦ CONTINUED FROM PAGE 1

O'Brien has also picked up on the popularity of alcoholic energy drinks among university students. She explained that the study was prompted by a patient she encountered who had drunk himself into a comatose state by mixing alcohol with energy drinks.

"I wasn't aware that this phenomenon was going on, but when he woke up many hours later [...] and I asked him why he did it, he said, 'Because [when you drink spiked energy drinks,] you can drink longer without passing out,'" O'Brien said.

The study's aim was to assess the popularity of spiked energy drinks, to determine their effect on excessive drinking behaviour, and to find out what associations they had with high-risk behaviour. Information was compiled through an online survey that was sent out to ten American universities, resulting in 4271 student responses.

Of those participating students who admitted they drank, one in four said they mix alcohol with energy drinks. Researchers discovered that when students do so, they are more likely to drink excessive amounts of alcohol because they don't feel as drunk.

However, not all U of A students are



PHOTO ILLUSTRATION: KYLER ZELENY

DEFINITELY NOT THE BOMB Researchers advise against this popular mix.

convinced of the potential dangers, including Tarlan Razzaghi, a first-year law student.

"I probably feel more drunk after a Jäger-bomb. I drink them because they speed up the process," she explained.


On the other hand, Brendan Haughian, a third-year science student, doesn't feel the study has revealed anything shocking.

"I already know it's probably not a good idea to mix energy drinks with alcohol. It just basically backs up what

I thought before," Haughian said.

While the results may seem like common sense to Haughian, O'Brien hopes the results of the study will help to spread awareness to students who are still clueless about the dangers of spiked energy drinks.

"It impairs your ability to tell when you're drunk. You're an awake drunk, but you're still drunk, and you don't know it. You don't know if you're okay to drive or if the situation you're in is a risky one."



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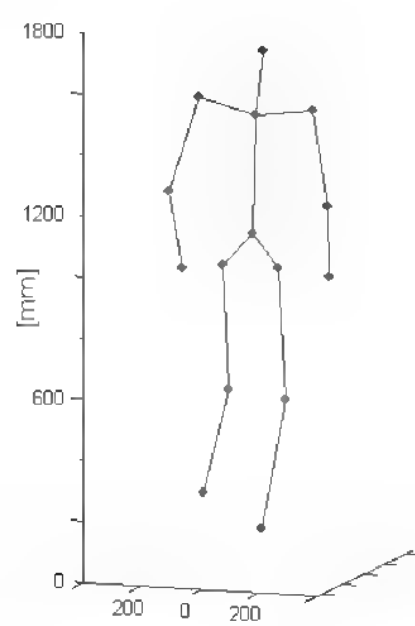
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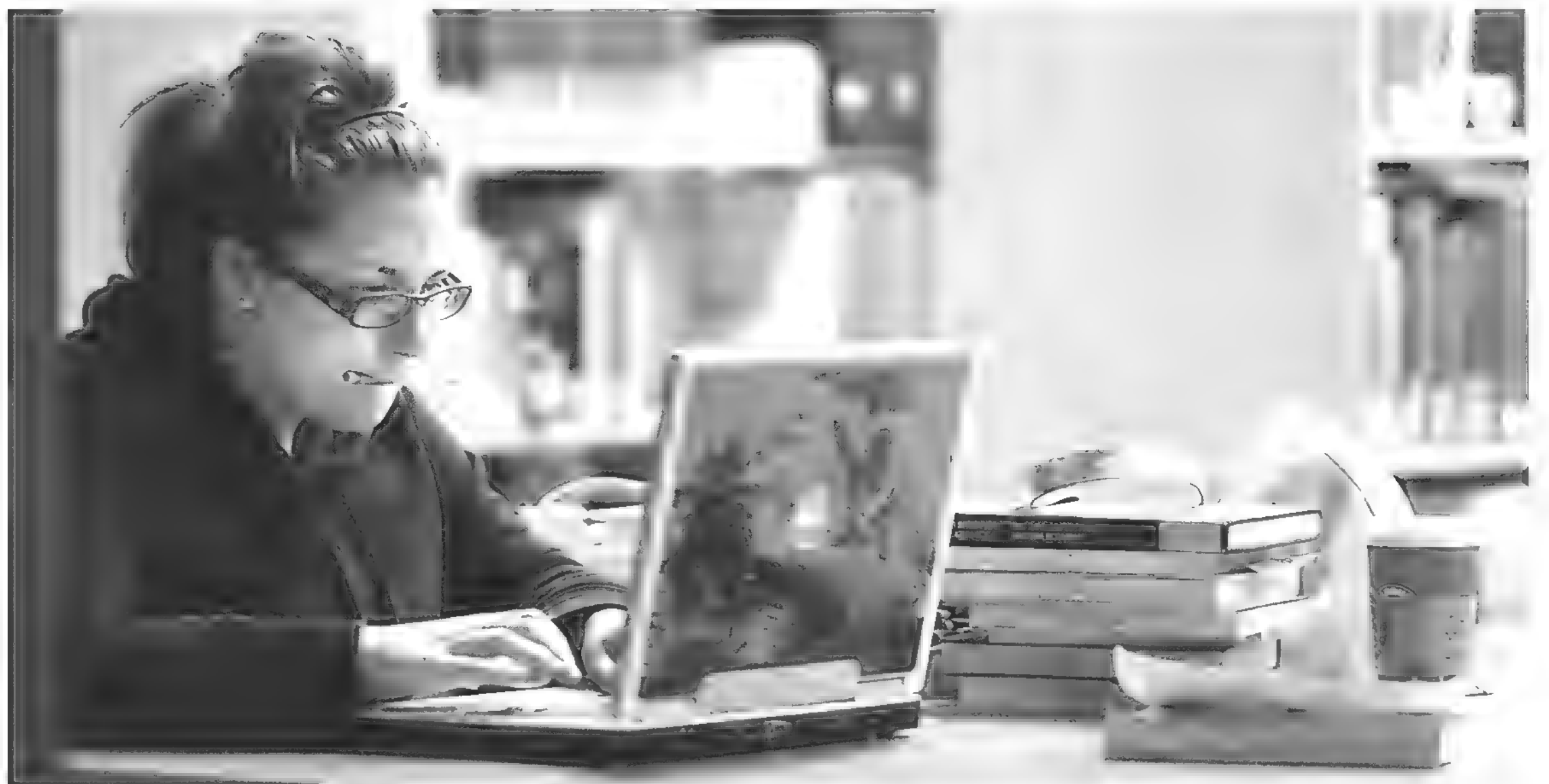


This Friday, 23 November at 3pm in 3-04 SUB will be the last official news meeting of the semester! Holiday cheer will prevail as we swap the traditional news list for an elevator ride up to RATT.

If you've written news this semester come out and enjoy a drink on us!

GATEWAY NEWS

Going out with a bang since 1910



DAVID RIDLEY

BITING DOWN EASES THE PAIN With finals on the horizon, you might want to rethink putting off hitting the books.

Cramming ineffective—study

JEFF LABINE
Excalibur (York University)

TORONTO (CUP)—A study at York University suggests that cramming right before an exam may not be the best way to learn and retain information.

The study, titled *Spacing Effects in Learning: A Temporal Ridgeline of Optimal Retention*, was concluded by psychology professor Nicholas Cepeda in October 2007.

The study surveyed 1350 students, and showed that material needs to be relearned at least one month after initial learning in order to retain it for one year.

Cepeda used online, flashcard-style testing at varying times to reveal that information is retained on a sliding scale.

"What we have conducted shows that using flashcards while studying can greatly increase how much you remember compared to just reading the textbook. Write the question on one side of the card, and the answer on the back. Quiz yourself using the question, then wait a few seconds, and then look at the answer," Cepeda explained.

"Cramming for exams hurts short-term retention of facts a month after learning. Students remember about 10 per cent additional facts by not cramming. Cramming is even more detrimental to long-term retention a

year after learning. By spacing study episodes across a month-long period, students remember twice as many facts as when they cram, a 100-per cent improvement in retention after a year."

"Cramming for exams hurts short-term retention of facts a month after learning."

DR NICHOLAS CEPEDA
YORK UNIVERSITY

While many students agree with Cepeda's study, they recognize that cramming is often necessary.

"If your schedule is very tight, then you don't have much time. You have no choice," said Levi Stutzman, a first-year psychology student at York.

"When you cram, you pretty much are putting as much information as you can, and when you study longer you have time to digest."

Cepeda said that his studying time was usually under control.

"I can quite confidently tell you that I have never pulled an all-nighter getting ready for a test. Personally, I find sleep is more important than spending half-asleep time studying," Cepeda said.

He does understand, however, that

some students need to cram before an exam.

"It's natural for everybody," Cepeda said. "Cramming is more like absorbing information instead of learning it."

Despite the study results, some people argued that they work better under tight deadlines.

"Some people work better under pressure. You can produce good or bad quality of work," Shutzman said.

Cepeda suggested that spreading out study time would improve retention.

"If you have three hours devoted to studying for an exam, spend an hour a day, over three days, instead of spending three hours in a single day."

He also recommended that students alternate their study times across different types of material.

"Spending an hour on history, and then an hour on math will be more effective than spending two hours solid on history and then two solid hours on math."

But some students feel it's not necessarily important to remember everything after an exam has passed.

"I work really well under pressure," said Janilee James-Coutou, a first-year Science major. "When I know I have to get this done, it motivates me. You cram to pass an exam, not to get intellectually rich."

Ottawa students learn to investigate crimes in new hands-on house

AARON MATTHEWS
The Charlatan (Carleton University)

OTTAWA (CUP)—Forensic science students at the University of Ontario's Institute of Technology (UOIT) can now study in a specially designed crime-scene house, the first of its kind in Ontario.

UOIT unveiled the training tool for third-year forensic science students on 17 October.

According to Melissa Levy, a communications officer at UOIT, the school leased an abandoned ranger's cabin only a few hundred metres from campus to stage crimes in.

Aspiring crime scene investigators then seek out clues relating to their classes without being involved in actual crimes.

William Smith, Dean of the Faculty of Science at UOIT, said he was inspired after he saw a similar crime-scene house at a university in the UK.

According to Kimberley Nugent, senior lab instructor, the program's

main benefit is the unique experience of using a house to learn about crime scene investigation.

Evidence is strategically planted to simulate the scene of any number of crimes selected by instructors, she said.

Matt Wilson, a third-year student enrolled in the course, said the crime scene house "puts a real-life perspective on these things."

The course starts with a hit and run, followed by a gun-related incident, and peaks with a homicide scenario.

The homicide involves the most thorough study and is a culmination and summary of all the techniques learned in the course, Wilson said, adding that students need to be able to make connections between all the evidence and the rest of the case information.

The forensic science program also takes advantage of modern technology. Students are provided with laptops and tablet PCs to collect information from evidence and transmit it

to other students wirelessly, Nugent explained.

Their tools closely mirror those used by professional investigators, including crime scene and forensic photography kits used to document and collect data.

An example of one of the tools students use in their investigations is the polylight, which allows the user to spot liquids and miniscule fibers that would normally be invisible to the naked eye.

In cases involving bodies, a forensic dummy with evidence planted on it is placed in specific locations in the house.

Despite all the demands placed on them, Wilson said feedback from fellow students has been positive, and they come to class excited.

"Every week, we learn something new," he said, adding that another benefit of the course is that it's not overly specialized.

"It's a combination of science and law."

Tools, not police, to blame for death

AS THE FALLOUT CONTINUES FOLLOWING THE release of footage of Robert Dziekanski's death in Vancouver International Airport on 14 October, RCMP Commissioner William Elliott announced that the Mounties are reviewing their policy on taser usage, which means that finally some good questions are being asked about the incident.

Of course, Elliott also noted that the four officers have been assigned to other duties for the duration of the RCMP's investigation. While this is quite commonplace, it also reinforces the idea that these four officers somehow screwed up, which couldn't be further from the truth.

Too much time has been spent questioning the actions of the officers who confronted Dziekanski and not enough on the problems that allowed this to happen in the first place. These officers were informed that a man in a secure area of an airport was causing a disturbance. The tape shows Dziekanski brandishing a table towards a woman attempting to calm him and throwing other objects into the Plexiglas divider separating the area he was in—clearly, this man, for whatever reason, had violent tendencies. And while Dziekanski seemed to follow the orders given to him by the officers, he also makes an aggressive motion before the first shot is fired.

Police officers are trained to prevent a violent action, not to react to one. They are also trained to use superior force. So while Dziekanski wasn't armed, it was perfectly acceptable for them to subdue him once he made what appeared to be an aggressive action towards them—regardless of whether the action was made out of anger, panic, or confusion.

Instead of blaming the officers, questions need to be answered about why Dziekanski took so long to clear customs, why he was allowed to stay in a secure area (or re-enter) afterwards, and why there wasn't a translator of some sort on hand to assist the Polish national at one of Canada's busiest airports. Between Vancouver Airport and Canada Customs, there should have been someone available who spoke Polish or Russian—which they thought he spoke during the incident—who could have been called in to translate.

Moreover, the legality of tasers as non-lethal weaponry employed by police forces must also be called into question, which is why Elliott's announced inquiry—and similar ones being made by the Alberta government and other agencies—is such an important step.

As it stands, police should be expected to use the most effective methods available to them while maintaining public safety. Currently, this means the implementation of tasers. However, in light of the fact that they are *not* non-lethal weapons 100 per cent of the time (since April 2003, there have been 18 taser-related deaths in Canada involving the police), it's definitely appropriate to strongly consider banning their use, or at least making them less potentially deadly.

What isn't proper, however, is to hand four officers stun guns, call them in about an agitated man who's throwing things around in a secure section of an airport, and then tear into them when they use what's available to them in order to maintain public safety.

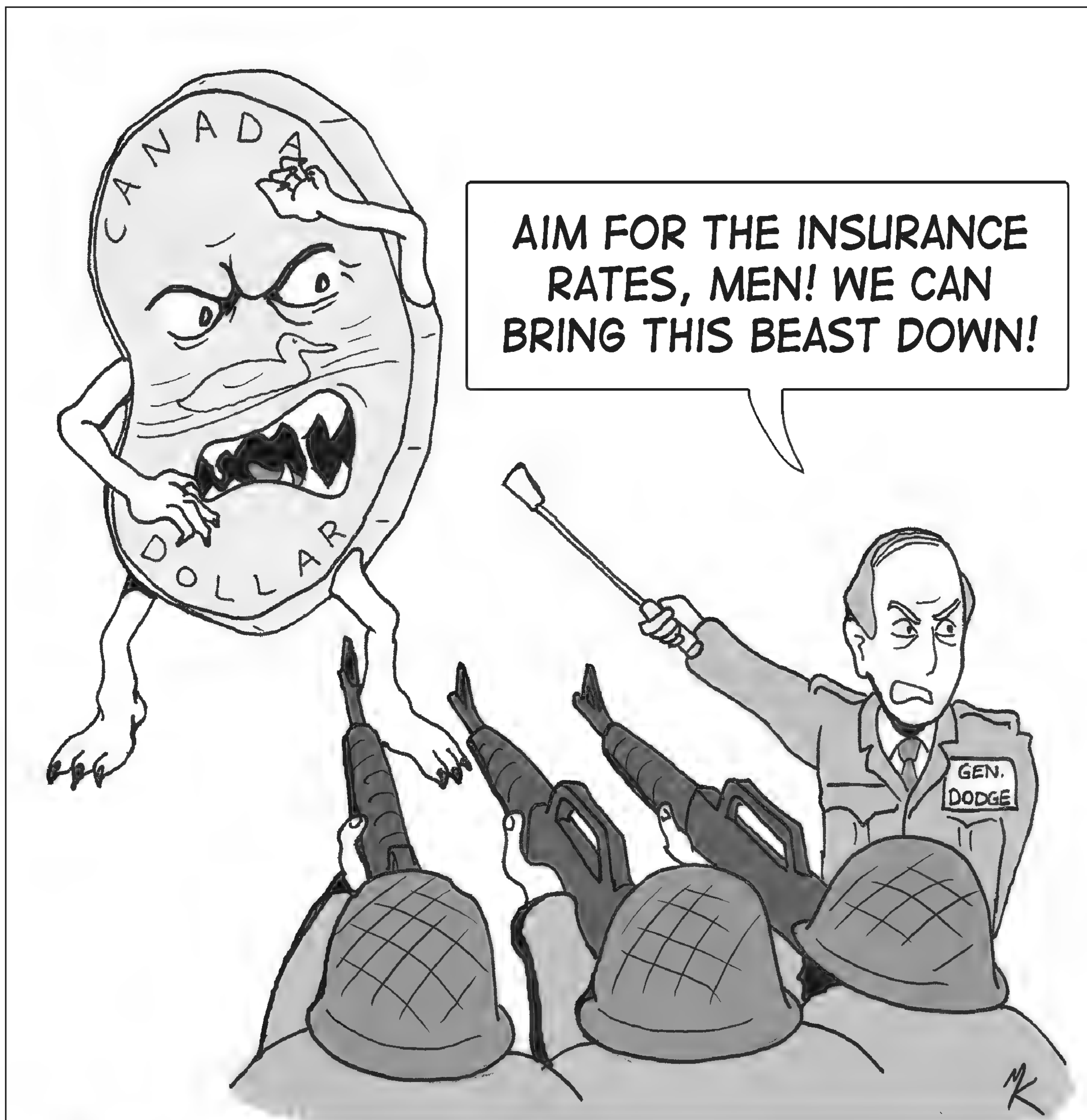
Robert Dziekanski's death was, undoubtedly, a tragedy, and likely a preventable one, but to place the blame for it solely on the shoulders of the four officers who simply did what they were trained to do is the wrong course of action—investigating the training and methods available to the officers is the right one.

PAUL OWEN
Managing Editor

Fighting canceribbis

Weed may halt cancer,
But smoking's not effective.
Tough break for hippies.

CONAL PIERSE
Opinion Editor



MIKE KENDRICK

LETTERS

Pills make things better for old people

(Re: "Overuse of pills hard to swallow," 15 November) To say that the "greatest problem facing our country today" is our high expenditure on drugs and healthcare is ignorant of the real problems society faces such as crime, poverty, and disease. I'm sure a third-world country resident would be happy to trade places with you so they could suffer from such a disaster.

Drugs are substances used therapeutically to treat or prevent a disease or condition. Mr. Usac might be forgetting this when he states that prescription drugs are overused.

What, exactly, constitutes overuse? Epileptics control their seizures by taking a pill "three times a day with meals." Diabetics keep good glycemic control with pills and/or insulin, thus preventing disabling and deadly complications. People with bipolar disorder, schizophrenia, asthma, a plethora of infectious diseases, Parkinson disease, and heart failure also use drugs to remit or diminish the burden of their disease.

Drugs are also used to prevent or reduce the risk of cardiovascular diseases (the number-one cause of death in Canada). So they're useful, even indispensable.

Are they overused? Evidence frequently demonstrates the underuse of drugs, especially in prevention. And where drugs are being used, they often aren't being used by

patients optimally.

While I admit that there are some problems with direct-to-consumer advertising, it can get people to go see a physician about a problem they might not otherwise seek help for. Whether or not that particular visit ends with a prescription, or what that prescription is, is still decided by the physician. I do, however, agree with Mr. Usac that consumer advertising is inconsequential compared to promoting to physicians.

Yes, our growing elderly population is using most of the drugs, but that's because the diseases we can treat and prevent are increasingly prevalent as we age. Also, it's the elderly who benefit most because without therapy, they have the most to lose. I hope the author is not suggesting we neglect health care for our older patients due to their age, as that would be terribly discriminatory and unethical.

Mr. Usac calls for exercise before (or instead of) prescription drugs. In some diseases, exercise can modestly improve the signs and symptoms of the disease. Rarely, however, is it enough alone. Drugs allow us to treat diseases we can't effectively treat with surgery or other non-drug measures.

Luckily for Mr. Usac, in today's medical culture of increasing patient autonomy, he won't feel obligated to take any medicine he doesn't wish to take. With informed consent, he can choose to decline treatment for what ails him.

JAY GAUTHIER
Pharmacy IV

Grain of salt prescribed for article

Matt Usac's article mistakenly identifies many problems with the health care system that are simply not factual or incomplete.

For example, Mr. Usac states that "Right now we're spending more money on drugs than we are on doctors." While this statement is true to an extent, Mr. Usac doesn't realize that approximately 15 per cent of the money spent on drugs aren't prescribed and are, in fact, paid for by Canadians out of their own pocket. This therefore contradicts his argument that we're spending more on drugs as a country than doctors, as we spend approximately \$21.5 billion a year on doctors.

Another problem Mr. Usac claims is that, "Why not prescribe exercise instead of suggesting it?" Well, the same can be said for any drug prescribed for a patient. When a doctor prescribes a drug they are only suggesting it, as they can't force a patient to take it, so it's ludicrous to think that doctors should "prescribe" exercise as it wouldn't be any different.

While Mr. Usac's article does offer merit for the points raised on training more health care professionals and taking responsibility of your own health, however, his article doesn't cover the entire basis and should be looked at more carefully.

DANIEL MCKENNITT
Medicine II

Stop reading the Internet over my shoulder, jerks

Just a reminder to everyone using the Cameron computer lab during this hectic time: at the front of each row opening, you can see signposts with instructions to "line up here."

I realize that many of you are first-years—or are unable to read signs due to laziness—but if you'd line up as instructed, you could find a seat easier and wouldn't be left standing in the middle of the rows for a good ten minutes. As well, I wouldn't need to restrain my urge to throttle you as you awkwardly stand behind me in the dim hope that I'll leave so you can check Facebook and see if your friends list has finally broken 300.

KAYLE WERT
Arts IV

Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

Letters to the editor should be no longer than 350 words, and should include the author's name, program, year of study and student ID number to be considered for publication. If you can read this, it means that you passed the literary test. Congratulations, your prize is pride.

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China has to shape up before they can host Olympic Games

WINSTON
HIND



The Cord Weekly
(Wilfrid Laurier)

WATERLOO (CUP)—If you were to visit Google while in China and type in “Falun Gong,” “Tiananmen Square,” or even “free press,” you’d get this message: “In accordance with local laws, regulations and policies, part of the search result is not shown.”

In 2002, the Chinese government blocked all access to Google, but that only lasted two weeks and ended just as mysteriously as it began. The great firewall that they built slowed down all internet traffic coming from outside the country.

To provide service to the Chinese public, Google chose to set up shop in the People’s Republic of China, and is now subject to Internet censorship laws.

The search engine must block the most politically sensitive websites—religious groups, democracy groups, memorials of the Tiananmen Square massacre, and many other terms associated with free knowledge. It’s no surprise, then, to see that China is ranked 163 out of the 169 countries rated on the World Press Freedom Index.

In this day and age, this just isn’t right.

The Chinese authorities promised the International Olympic Committee that they would make

concrete improvements in human rights in order to host the 2008 Olympics in Beijing, but their tone quickly changed after they got what they were after.

As part of tidying up China’s act after winning the bid, police and judicial authorities were given orders to pursue the “Hit Hard” campaign against crime. Every year, several thousand Chinese citizens are executed in public, often in stadiums, by means of either a bullet to the back of the neck or lethal injection.

Advocates of the bid said having the games in Beijing would encourage China to liberalize because of the intense attention the Olympics would bring to the country. I say bull.

They also decided to crack down on followers of Falun Gong and other religious and democratic movements. Many of those detained in police custody or in labour camps are being held without trial or sentenced to prison terms under criminal law. They are being punished for the peaceful exercise of fundamental human rights.

Then there’s the matter of Tibet. During the 2008 Olympic bids six years ago, there were many protests against Beijing making the bid due

to their current occupation of the region.

There was also a bipartisan coalition in the United States House of Representatives that attempted to put forward a resolution asking the International Olympic Committee to reject China’s bid for the 2008 Olympics. It never passed.

Advocates of the bid said that having the games in Beijing would encourage China to liberalize because of the intense attention the Olympics would bring to the country. I say bull. Despite the absence of any significant progress in free speech and human rights in China, the International Olympic Committee’s members continue to turn a deaf ear to the situation.

Reporters Without Borders outlines a list of things that should be done before China hosts the Olympics—such as the release all detained journalists, the removal of restrictive laws towards the media’s freedom of movement and work, the demolition of the public relations department, stopping the jamming of radio stations, stopping the blacklisting of human rights activists, legalizing independent organizations of journalists and human rights activists, and ending the censorship of Google.

China’s actions towards the followers of Falun Gong along with their occupation of Tibet, including repression of protest and discrimination against ethnic Tibetans, should have disqualified Beijing’s bid for the 2008 Olympics. There must be freedom in China before the games can be held there.



A Polar bear can smell a man from over 20 miles away. That means that while you’re sitting in SUB enjoying your coffee, a Polar Bear in Leduc is checking its fridge for mayo so that it can make a you sandwich. And now, thanks to Phillip Pullman, they’ve been given armour.

Here at Gateway Opinion, we’re focused on maintaining our technological superiority over animals, because we’re just one typing pool full of monkeys away from not having jobs.

Drop by our meetings on Thursdays at 4pm in 3-04 SUB, where we offer a nice spread of ideas—even if many people gathered in one place is like a buffet to a bear.

GATEWAY OPINION

Stealing ideas from chimps since 1910

More spending needed to bulk up CAF

Military spending may be at an all-time high, but we still don’t have adequate forces to protect our sovereignty and uphold our international commitments

ANDREW
MILLEKER



The Carillon
(U of R)

REGINA (CUP)—Recent study by the Canadian Center for Policy Alternatives shows that Canada’s current level of military spending is now equivalent to what it was at the height of WWII and 2.3 per cent greater than what was spent on deterrence policies during the Cold War.

Current spending is just over \$18 billion per year, making Canadian military expenses the sixth-highest in the North Atlantic Treaty Organization (NATO) alliance. Bill Robinson, co-author of the report, said “it doesn’t accord with the general impression the public is given, which is supposedly that we’re not spending all that much on the military.”

Why do these statistics seem shocking to us? We’re at war, after all, and that costs money. As members of NATO, we’re bound by international law to use force to support fellow NATO members under attack.

If Canada didn’t increase its spending, the country would hardly be globally responsible, and that’s something

that we Canadians seem to take pride in. The reason for the shock is that for the latter half of the 20th century, Canadians have been relatively free from open conflict. As many as two generations have now grown up unaccustomed to warfare and what it takes to make a formidable resistance to it.

If Canada didn’t increase its military spending, the country would hardly be globally responsible, and that’s something that we, as Canadians, seem to take pride in.

Even if you don’t agree with Canada’s current mission in Afghanistan, increased military spending will only serve to better our peacekeeping efforts in other parts of the world. When Lester B Pearson envisioned Canada as a peacekeeping nation, Canada had a well-funded military with adequate equipment for its time. Before Trudeau systematically destroyed the capacity of our military, Canada actually had a hope of being able to enforce a global

standard of behaviour. Now our military lacks even basic transportation, which has resulted in the majority of deaths in Afghanistan due to improvised explosive devices and roadside bombs.

Canada faces threats to its economic interests abroad, arctic sovereignty, and, worst of all, the threat of terrorism at home. Our country has reached a turning point in its history where we can ask ourselves if we want to be a passive player in the world and let the Americans (whom we seem to be terrified of) protect us, or if we want to come into our own and be truly self-sufficient. An increase in military spending gives us more credibility both at the global bargaining table and with our most valued trading partners. The route of diplomacy will only work if our military is capable of enforcing its agreements.

Canada is gradually becoming an economic power, as evidenced by recent surge of our dollar passing parity with its American counterpart. Canada also has a vast amount of land left virtually unprotected, and is lucky to have maintained its sovereignty for this long. With both the Russians and Danes moving to make a claim to the North, Canada must be decisive in its handling of hostile situations. With a stronger military, it will be able to do just that.

Drop those blades—you'll look better without a shave

Simply growing it is not enough, as you also need to pick a style that suits you—luckily, we've got an expert panel on the matter



OPINION
STAFF

Group
Commentary

Though you may not have noticed, all across campus, countless individuals have been sacrificing their dignity and reputations to participate in an event known simply as “no-shave November.” Sales of razor blades and scarves have plummeted as people of all shapes and sizes sit back and try their darndest to make something grow. Though many women certainly participate in the festivities, we're here to discuss hair of the facial variety today.

As men, this is our birth-right, and something that separates us from the boys—except for teen wolf, of course. While there certainly are a wide variety of styles for facial hair, ranging from the mighty beard to the simple soul patch, we're here to discuss our personal favourites.

Conal Pierse

By far the best form of facial hair is the full beard. From the lowliest hobo to the mightiest of Greek gods, the beard is something that all men (and some circus sideshow acts) can wear with equal aplomb. It doesn't matter if you grew a beard because of laziness, lack of a razor, or, like I did, out of sheer force of will—the only important thing is that you have one, and that you look awesome. All other forms of

facial hair are but a sad reminder of what stood before, like the silhouettes after Hiroshima—and likewise, if you have a soul patch, children will also be running from you screaming.

There's a certain unspoken bond between bewhiskered men—an innate, primal respect for your fellow beardo, and a mutual disdain for the mustachioed. It also serves as a fast and efficient personality test for new people that you meet. They will either dig the beard and support your hairy endeavours, or it won't be for them, and they will slink back to their sad, hairless corner to hang with the alopecians.

Sure, food and lint might get caught in it, and it makes your face about as cuddly as sandpaper, but these problems primarily stem from inexperience. Learning how to eat with a beard is a lot like learning how to ride a bicycle, only the bicycle is made of hair and attached to your face. And once you master it, you'll learn how to store precious water in the moustache like a camel after drinking from a water fountain, and how to shelter a small family of birds from the winter cold.

Paul Knoechel

The neck beard doesn't get the respect it deserves. If you ever try and bring it up with a lady around, all you hear them talk about is how gross and disgusting they are. But you know what? Someone also said the same thing about Sir Robert Laird Borden's moustache, and now he's on the \$100 bill. It's high time that the neck beard made its inevitable rise to the top.

It's not just that the neck beard is

stylish—it's practical too. If you've ever had issues with vampires—don't laugh, those fuckers are getting ready to strike—the neck beard is the perfect deterrent. No one wants a hairy steak, and vampires can never master shaving on account of their lack of reflections. And if you ever needed a scarf for the windy walk from SUB to CAB, you'll wish you'd have grown out that neck beard, which would have been able to insulate your easily chilled windpipe.

People may mock you if you put aside your reservations and grow the stones to be a trend-setter in this area, but that's all right. No other facial hair can offer the stylish duality that the neck beard can. You can have all the professionalism in the world from the chin up, and you just have to comb the neck beard down to keep it out of the way. But when it's time to party, you can fluff that bad boy out, and suddenly, you're the life of the party.

It won't take long for the ladies to pick up on your trend-setting ways, and pretty soon, public opinion will begin to turn. You'll hear sexually excited whispers when you walk by, rumours about your carnal conquests will begin to fly, and finally, the copy cats will begin. That's when you know you've made it. The spread of the neck beard is going to happen—of that there's no debate. The only question is whether you'll lead the pack or simply follow along.

Kelsey Tanasiuk

A sparse moustache in which mostly skin is visible is the route for you, friend—that is, if you can handle it.

Known as the “Perv-stache,” “See-through Sammie,” or “Molestache,” it's the lip hair of many names, but which few dare to sport.

The Perv-stache can only be worn by a select group of men: child molesters, teenage boys who are hopeful about one day acquiring true facial hair, men who don't realize that they're sporting one, and men who are more than able to laugh at themselves. It has benefits for each, whether it's a nod to irony, a way of life, or simply a wistful dream of something greater.

Of course, it's not attractive, but it does become a helpful sort of natural selection aid. For bystanders, it can warn of the wearer's sex-offender status. For young teenagers, it can both provide much-needed confidence and also repel young ladies, thus saving the lads from scarring heartbreak. For those who don't realize they're sporting something so hideous, it chases women away, preventing them from procreating and generating faulty children with poor fashion senses. And for those who do it to be funny, it can provide an amusing icebreaker that will enable them to attract the ladies with their charming personality that, in the end, should be able to override their advocacy for bad facial hair.

When deciding on a type of facial hair, one must consider every option. Abraham through Zorro of the facial hair encyclopedia is filled with choices of both manly and classy values. The Perv-stache is a daring choice, and one must be strong in both body and mind to choose its power willingly. Sure, some men can grow biker beards, Van Dykes, or even compete in moustache

competitions, but it takes a special sort of man to master the Perv-stache.


David Johnston

Anyone who knows me will testify to my weird, quasi-obsessive quirk: my hair. I primp; I preen; I experiment with my sideburns and beards. All despite the fact that I have a weird genetic abnormality, the only outward sign of which is a weird, nickel-sized zone on my chin where my normally bountiful follicles lie dead. This is especially sad as this zone is the exact location for the greatest facial growth known to mankind: the soul patch, otherwise known as the “artiste” of beards.


Unlike a scruffy 'stache or a haphazard beard, true soul patches aren't an accident, but an art. Place it too low, and you get a weird half-goatee that slowly encompasses your jawline. Leave it too high, and it spreads to your lip, creating a flavour-savour-type 'stache that makes you look like a bad '90s porno actor. Only the truly beatnik-ized souls among us can locate the perfect spot for that mournful, thoughtful, breath-taking tuft of dark hair that truly makes a statement about the world. To wear a soul patch is to wear your heart on your sleeve. At least, that's what they say; if I ever manage to stimulate my chin into growing, I'll let y'all know.

Paul J Blinov

Two words: the handlebar. That's right, *the*. If you see a dude sporting one of these, it immediately tells you one of two things: he's a dad, or he can kick your ass. Probably both.



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Time	Course Number and Class Name	Number
MWF 9:00 AM	CHRTC 380 Christian Religious Education and the Child	13447
	CHRTC 351 Human Sexuality and Marriage: Christian Perspectives	10474
MWF 10:00 AM	CHRTC 352 Bioethical Issues: Christian Perspectives	15910
MWF 11 AM	CHRTC 250 Theological Education of the Catholic Teacher	12958
	CHRTC 100 The Bible and the Origins of the Christian Church	12755
	CHRTC 381 Christian Religious Education and the Adolescent/Young Adult	10478
MWF 12 PM	CHRTC 351 Human Sexuality and Marriage: Christian Perspectives	10475
MWF 1 PM	CHRTC 355 Catechism of the Catholic Church: Theological Perspectives	18067
	PHIL 102 Introduction to Philosophy: Knowledge and Reality	11658
	CHRTC 250 Theological Education of the Catholic Teacher	18069
TR 9:30 AM	CHRTC 250 Theological Education of the Catholic Teacher	12959
	CHRTC 267 Letters of the New Testament: Sin, Suffering, Signs & Hope	18064
	CHRTC 350 Science and Religion: Christian perspectives	10473
TR 11:00 AM	CHRTC 352 Bioethical Issues: Christian Perspectives	10476
	CHRTC 348 The Church in Canada	18063
	CHRTC 381 Christian Religious Education and the Adolescent/Young Adult	14698
TR 12:30 PM	CHRTC 353 Christian Perspectives on Imaginative Literature	16421
	CHRTC 380 Christian Religious Education and the Child	10477
	PHIL 269 Moral Issues in a Christian Context	18957
	PHIL 357 Philosophy of Religion	14671
TR 2 PM	CHRTC 250 Theological Education of the Catholic Teacher	14381
	CHRTC 352 Bioethical Issues: Christian Perspectives	18844
Wed. 2:00 PM	CHRTC 451 Modern Creationism	12977
Mon. evening	CHRTC 391 Women's Spirituality in Contemporary Christianity	15822
	CHRTC 250 Theological Education of the Catholic Teacher (in French)	16409
Tues. evening	CHRTC 449 Field Placement in Christian Service	12725
	CHRTC 380 Christian Religious Education and the Child	13587
	CHRTC 381 Christian Religious Education and the Adolescent/Young Adult	13448
Wed. evening	CHRTC 250 Theological Education of the Catholic Teacher	13586
Thur. evening	CHRTC 356 Theologies of Christian Religious Education	18068
	CHRTC 341 Contemporary Film and Christian Values	18065

You can sign up through Bear Tracks or go to www.stjosephscollege.ca for more information.



Pocket Protectors

PART 2

Last week, **PAUL OWEN** and **CONAL PIERSE**, the *Gateway's* masters in passing the buck, explained how they manage to pay for dates on their piddling student newspaper salaries. Today, they'll tackle how to keep your belly—and your wallet—full.

Photos by Mike Otto

There are few certainties in life: SU tuition protests will be poorly attended; if you're chasing a roadrunner through the desert, it will stop on a dime and send you careening off a cliff; and, at some point during the day, you're going to get hungry. While it's impossible to stop the first from being a gigantic waste of money (and the second from hurting like a bitch), the third doesn't have to be. And when you spend 6–8 hours each day on a campus with a plethora of options to satisfy that hunger, you don't have to grab a Snickers to avoid waiting to fill your gullet. But doing so can be expensive, especially at campus eateries.

That's not to say there aren't some good deals around—it just means you need to know where to look. If you're in SUB, RATT's half pound of fries are still only \$2, even when everything else on their menu is skyrocketing.

While subs are generally too expensive to bother with, it's hard to turn down a good deal, and the Mr Sub in CAB is generally too busy and the cashiers too inattentive for anyone to notice that you've nabbed yourself a double meat and cheese. This ploy also used to work at Subway in SUB, but someone there caught on, and they've cracked down.

If you're in the mood for a burger, A&W's two-for deals are the best you can get on campus, and they're one of the few fast-food establishments that serves burgers that taste like cow instead of hockey puck.

That said, the cheap eating options around the U are few and far between, so if you're looking to save a few bucks on a meal, be it breakfast, lunch, or dinner, you're best off making it at home. That means you need to know how to do two things: shop and cook.

THERE'S A REASON THAT STUDENTS ARE stereotyped into eating ichiban noodles and mac and cheese all the time: they're cheap, and even

a goat could cook them without messing up—at least, if that goat had opposable thumbs and an understanding of how to turn on a microwave. But if you look past the red sea of Campbell's soup racks in the grocery stores, you'll find there are plenty of other cheap alternatives to getting a full and healthy meal.

First off, if you can get yourself there, always shop at Superstore. While customer service is non-existent, you're not paying for it either, and you'll save at least 5–10 per cent on every shopping trip. Just remember to bring your own bag or box to cart home your groceries. You'd hate to waste all those savings on some plastic bags—and besides, Al Gore says that they're bad for the environment.

One of the easiest ways to save money is to simply buy cheaper products. Most grocery stores have three tiers of every item: name brand, store brand, and no-name. While no-name shopping should be reserved for only the most basic of items (or the tightest of budgets), brand loyalty is only advisable on a few things—most notably cola products and personal hygiene.

But more often than not, store brands are a happy medium to settle into. They'll save you 15–20 per cent over brand name in a lot of cases, even if filling your house with President's Choice products makes you feel dirty for contributing to the wealth of the Weston family, already the second-richest in Canada. In fact, most store-brand foods are outsourced to major brand-name companies. Lays makes the chips; Nestle makes the ice cream; Heinz makes the condiments; Trojan makes the condoms.

When shopping, look for things that you can get more than one meal out of. If you can afford to spend more now to save later, and if it's something that won't go bad or you can freeze before or after cooking, then buy in bulk, my friend—that is, in large quantities, not piddling little samples out of those bins. Pasta and rice are good choices here, as they expand when you cook them, so you feel like you're getting more.

When looking for vegetables, try to buy fresh,

though frozen is good if you're into making corn or peas or mixed veggies as a side dish—plus that green giant is just so hard to resist when he tells you to buy his crop. Vegetables are relatively cheap, and work both as a side on their own or as a garnish in other dishes. Mushrooms and bell peppers, for example, work particularly well in rice and pasta. And of course, potatoes keep forever and you only need about one per meal, so they're also economical. In fact, you could probably subsist on potatoes forever: just look at what they've done for the Irish.

In the meat section, ground beef and chicken parts (thighs, drumsticks and the like) are the cheapest options. Buy warehouse packs if you can afford it—meat keeps well in a freezer, making it one of the few things worthy of the top part of your fridge.

Another wise investment is a loaf of bread. Not only is bakery-made bread dirt cheap, but it can help fill you up in a meal, meaning you can stretch a box of mac and cheese over a couple of lunches instead of just one. Also, it can be used to sop up any leftover sauce, so nothing goes to waste.

IT'S TRUE THAT BUDGETED EATING CAN START to limit your food choices, and after a while, you may start to feel like an orphan in a Charles Dickens novel, but that just means you have to get creative. No, this doesn't mean arranging your food so it resembles a smiley face or placing a sprig of parsley on the plate for class—it means that you're going to have to learn how to use spices and make sauces. Sometimes, all it takes is a little salt, pepper, rosemary, and bay leaves (which you remove after cooking unless having shards of leaf cut your mouth sounds pleasant to you) to turn something as simple as roast potatoes from a bland source of starch to a brief stopover in flavour country, and a meat spicer such as Hy's makes a delicious addition to any barbeque.

This might seem counterintuitive, as spices are an added expense to pay on top of your regular groceries, but a bag of oregano goes a long

way—plus, if times get tight, you can always sell it to your neighbourhood kids and teach them a valuable lesson in trust. Unlike vegetables, spices don't rot in your crisper, and often times, a single shaker is more than enough to last a lifetime (or at least a university career).

If cooking isn't your strong point, you might feel uncomfortable at first, but with a little creativity and experimentation, you can teach yourself how to turn something as bland as chicken and rice into several distinct and enjoyable meals. A teriyaki marinade is simply a matter of combining honey and soy sauce, and by combining salt, pepper, thyme, blackened cajun seasoning, a can of condensed chicken soup stock, and half a cup of water, you can make something I call "chicken sauce number two"—because when you're cooking, it's not the name of the dish that matters, but how it tastes.

While you're learning, be sure to slowly add small amounts of spice to a sauce and then see how it tastes before upping the dose—after all, if you fuck up, you're going to be forced to either choke down the garlicy mess you created or go hungry.

If you're unsure whether or not you should add a certain spice, take Toucan Sam's advice and follow your nose. Usually, by smelling what's on the stove and what's in the shaker, you'll get the general idea of whether or not they mesh.

It will take a lot of trial and error, but eventually you'll get the hang of it, and your tongue will thank you. If you have the strength of will to fight through the hard times of peppery spaghetti and chocolate Cajun chicken (editors' tip: an alliterative name doesn't equate deliciousness), you'll find yourself freed from the shackles of the same bleak gruel day after day and legitimately asking "please sir, can I have some more?"

On Thursday, Conal and Paul will complete their series on being a penny-pinching prick with a rigorous exploration of drinking for dimes—if they're sober enough after doing their "research."

frugalfeasts

We wouldn't expect you just to take our word for how cheap you can eat, so we took a trip to the store to pick up the food that we recommended throughout.

A half hour in Superstore proved that it's quite possible to shop for a week or more worth of food and keep it under \$30. While this is a little short on cheese—and rightfully so, since, while the stuff tastes great, it costs so damn much—and a few other more prevalent items (such as salt, pepper, and butter), many ingredients can

be swapped and substituted for in another week's shopping.

Additionally, different vegetables such as celery, tomatoes, and onions can be switched with the mushrooms and peppers for roughly the same price.

All in all, the food listed here should be more than enough to get your through a week of eating, with some to spare—though, as stated above, finding new and exciting ways to dress up chicken and hamburger will be the toughest part if your goal is to keep the prices down. Luckily, with what you save shopping like this instead of buying \$6 frozen pizzas that last a day, you'll be able to afford to mix it up.

2kg No Name spaghetti	\$1.98
375g No Name egg noodles	\$1.38
2kg No Name white rice	\$1.97
Pack of six chicken drumsticks	\$3.50
(plus \$1 off coupon)	
Package of ground beef (650g)	\$2.70
No Name frozen mixed veggies	\$3.98
450ml China Lily soy sauce	\$1.58
McCormick's Oregano (11g)	\$2.49
Loaf of bread	\$0.97
10lbs bag of white potatoes	\$1.97
Half a bag of mushrooms (450g)	\$1.95
One red pepper	\$0.43
One green pepper	\$0.81
Total (including GST): \$26.20	

